

Chicken Jambalaya

This recipe is a "healthy choice" version of the New Orleans tasty Creole recipes. The original Creole Jambalaya recipe is a highly seasoned recipe filled with meat, seafood and Creole seasoning. This recipe is adjusted to reduce the sodium and cholesterol content of the recipe. Chicken Breast is used to replace the high cholesterol meat and seafood items plus the varied seasonings are adjusted to reduce the sodium. The recipe is still tasty with the healthy choice food items used.

Recipe submitted by Jacqui Saracino, Registered Dietitian

Amount	Measure	Ingredients	Preparation Methods
2	Medium sized	Fresh chicken breasts(skinless)	Small cubes
1/3	Cup	Celery	Finely chopped
1/2	Cup	Onion	Finely chopped
1/2	Cup	Green Pepper	Chopped
2	Cloves	Garlic	Finely chopped
2	Tablespoons	Vegetable oil	
4	Medium	Fresh Tomatoes	Chopped with juice
3/4	Cup	Water	
2/3	Cup	Long grain rice	
1/2	Teaspoon	Dried Basil	Crushed
1/2	Teaspoon	Dried thyme	Crushed
1/4	Teaspoon	Black Pepper	
1/4	Teaspoon	Bay leaf	Crushed
1	Tablespoon	Parsley	Use for garnish
1/2	Teaspoon	Salt	

1. In a large skillet, heat vegetable oil on low flame.
2. Sauté chicken cubes in hot oil for 15 minutes, stir frequently.
3. Remove chicken from skillet.
4. Cook celery, onion, garlic and green pepper in skillet until tender, about ten minutes.
5. Stir in chopped tomatoes with juice, water, rice, basil, thyme, pepper and bay leaf.
6. Bring to slow boil; reduce heat, cover skillet and simmer for 20 minutes until the rice is tender. If dry add a small amount of water.
7. Stir in cooked chicken and simmer for 10 minutes.
8. Garnish with chopped parsley.

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Chicken Jambalaya (continued)

Yield: Six (6) ¾ cup per servings.

	Calories	Sodium	Total fat	Sat. fat	Chol.	Fiber
DVD	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	151	251mg (10%)	3 g (%)	<1 g	52g (6%)	1.50 g (6%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org